

## ABSTRACT

An athlete training device includes a first sensor pad for signaling when a first object has been removed from the first pad and a second sensor pad for signaling when an athlete's hand has been removed from the second pad. A third sensor signals when the athlete has made contact 5 with a second object. A control device receives the signals from the pads and third sensor and determines a first elapsed time from when the first object is removed from the first pad and the athlete's hand is removed from the second pad. The control device also determines a second elapsed time from when the athlete's hand is removed from the second pad and the athlete makes contact with the second object and then outputs a signal for displaying the first and second 10 elapsed times.